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Iowa State Daily (September 29, 2015)

Iowa State Daily

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ISU holder Austin Fischer said the excitement he displays on the football field is something he wouldn't even want to control.

Iowa State Daily

Holding up hope

Holder invigorates Cyclones with positive enthusiasm

By Luke.Manderfeld
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ISU holder Austin ‘fist pump’ Fischer and kicker Cole Netten walk side by side out onto the gridiron, the daunting expanse of Jack Trice Stadium stretched to the sky all around them. The walk is silent, except, of course, for the 60,000-some screaming football fans flooding the stadium with cardinal and gold. As they reach the spot where the field goal will be attempted, Netten prepares to line up while Fischer starts the routine that he and Netten, friends since second grade, have perfected throughout the years. Before the play, Netten puts his foot exactly where he wants the ball placed when he attempts the field goal. Fischer obliges and plucks half a handful of white-painted grass from the soil — cut up due to the constant pounding of 250-pound players in cleats. He places the blades right on the crease created under the weight of

Netten’s shoe. This is the spot. Fischer gets in the crouch and readies his hands for the ball. His mind goes blank. So blank he remembers nothing when trying to recall the snap and Netten’s foot making contact with the ball. But it doesn’t matter, because Fischer knows where Netten likes the ball — just at the right angle with laces out — and he does his job with subconscious precision. Where his memory picks up is when the ball begins its ascension into the air. As the ball, spinning end over end, sails through the uprights, right down the middle, Fischer feels overwhelming excitement flooding every limb of his body, forcing him to close his fist and pump — or as Netten argues, punch — while jumping in the air. That excitement, nothing new to people who know him, is just one part of Fischer’s zealous attitude. Fischer can be seen after a mere extra point throwing his fist in the air in celebration. It fits perfectly with his motto, J.U.I.C.E — Jacked Up In-

tensity, Contagious Enthusiasm. “I just get stoked,” Fischer said. “Looking at [Netten] putting it through the uprights, that just adds to it and being on the field is a pretty amazing feeling in itself.” Growing up in Ankeny, Iowa, Fischer and Netten played against each other in different sports, attending different elementary schools. Fischer gravitated toward baseball, known for an arm that could blow the ball by almost anybody, but still competed in football in high school. Fischer held for Netten the last two years of his high school career, creating a friendship that would give Fischer an opportunity in the future he wouldn’t have had otherwise. Fischer decided to go a different route after high school. He stuck with baseball, attending Marshalltown Community College, where he pitched for two years. He led his team to the regional finals, eventually falling to Iowa Western. But something inside was calling him

FISCHER p4

Testing centers expand

More students spur changes

By Kelsey.Palmros
@iowastatedaily.com

Testing center initiatives implemented in the fall of 2014 will continue for the fall 2015 semester. “It was pretty darn successful,” said Student Government President Dan Breitbarth in regard to the changes made last fall. Melissa Gofforth, ISU alumna, former director of university affairs for Student Government and member of the committee formed last year, was the leader behind the number of testing center being expanded from 219 to 448. Along with increasing the number of seats, initiatives included passing out gift certificates for students who took their tests before 10 a.m., camera footage of testing center hallways and opening up Durham 139 for faculty members to reserve for tests. “We offered a gift certificate that they could take to [the Memorial Union] and get coffee or something like that. That didn’t seem to work, so I don’t think we will be doing that again,” said Douglas Bull, manager of the Engineering-LAS Online Testing Centers. The addition of online feeds that show camera footage in hallways of the testing centers will remain because of their success. “Cameras are in the hallways to show if there are lines, and we are also working on a method to actually let students know how many open seats there are,” Bull said. Dead Week and Finals Week hours will remain extended as well. Bull said he believes the testing centers will be also be open Saturday and Sunday during Finals Week. Bull said 70 to 75 percent of exams are taken between 10 a.m. and 4 p.m. Wednesday, Thursday and Friday. This is similar during Finals Week, with the exception of Friday. “We have limited capacity and we are doing everything we can to use that capacity as efficiently as possible,” Bull said. Testing centers are open 8 a.m. to 7:30 p.m. Monday through Thursday and from 8 a.m. to 5:30 p.m. Fridays. “If the growth continues we are going to have to take an even more serious look at everything,” Breitbarth said.

Hy-Vee, ISU team up to make nutritional labels

By Danni.Toughill
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Hy-Vee and the ISU Food Science and Human Nutrition program have teamed up to produce new labels for meals at more than 235 Hy-Vee locations. New labels were required as result of new additions to the Affordable Care Act, commonly known as Obamacare. These new additions require that the amount of calories be listed next to products. Six interns from the food science and human nutrition program were chosen to help put the project into action. Rose Martin, senior lecturer in food science and human nu-

trition, posted a job listing and spoke to her 361 course about the opportunity, then chose the interns from that pool of students. “When I initially heard about this project and that it was for Hy-Vee I was really excited to work with them; they are an excellent company,” said Molly Seibel, senior in dietetics, who was chosen as an intern. Chuck Seaman, vice president of compliance and food protection for Hy-Vee, oversees the project. He said the assistance from the food science and human nutrition faculty and students has been crucial to complying with the new regulation and that the interns have helped the project

come to fruition. “The interns we’ve had on the project have been top-notch,” Seaman said. “It’s been a joy to work with them.” The task at hand was very tedious. Every recipe had to be analyzed, and reanalyzed. While working with the students, Martin said that the titles were tricky. Where most people would just call a cupcake a cupcake, the team would have to determine, along with Hy-Vee, whether they should categorize it as a chocolate cupcake or a bakery chocolate cupcake. “The most important thing I can take away from this proj-

HY-VEE p4

Rubio runs slow, steady campaign

By Travis.Charlson
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He isn’t making headlines. He isn’t leading any polls. While other Republican candidates went after each other in the second Republican debate, Marco Rubio has been quietly racking up donors and support at small-event fundraisers and avoiding the harsh scrutiny of the political spotlight. “I think the Rubio campaign is exactly where he wants it to be — slow and steady,” said state Sen. Rick Bertrand, R-Sioux City, who is chair of Rubio’s campaign in Iowa’s 4th Congressional District. “It’s about building your message and building your policies.”



Greg Zwiers/Iowa State Daily
Florida Sen. and 2016 presidential candidate Marco Rubio speaks to a crowd at the Holliday Inn in Ames on June 6. Several polls released after the second debate show Rubio at about 10 percent support.

RUBIO p8

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\$2 Spiced Rum 9PM-1AM

\$2 Fireball Shots 9PM-1AM

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Weather



WEEKDAY

Showers in the morning with partly cloudy skies during the afternoon.

66
43

Weather provided by ISU Meteorology Club.

Police Blotter

The information in the log comes from the ISU and City of Ames police departments' records.

All those accused of violating the law are innocent until proven guilty in a court of law.

Sept. 27

Tatiana Rich, 18, of West Chicago, IL, was cited for underage possession of alcohol at Ash Avenue and Sunset Drive (reported at 1:08 a.m.).

Maddie Price, 18, of Pacific Junction, was cited for underage possession of alcohol at Ash Avenue and Sunset Drive (reported at 1:08 a.m.).

Ethan Niemeyer, 22, of 4415 Ontario Street, Ames, was arrested and charged with public intoxication, interference with official acts and criminal mischief at Lincoln Way and Welch Road (reported at 1:47 a.m.).

Officers checked the welfare of an individual who was experiencing emotional difficulties at University Village (reported at 1:48 a.m.).

An officer checked the welfare of an individual who was experiencing emotional difficulties at Wallace Hall (reported

at 9:21 p.m.).

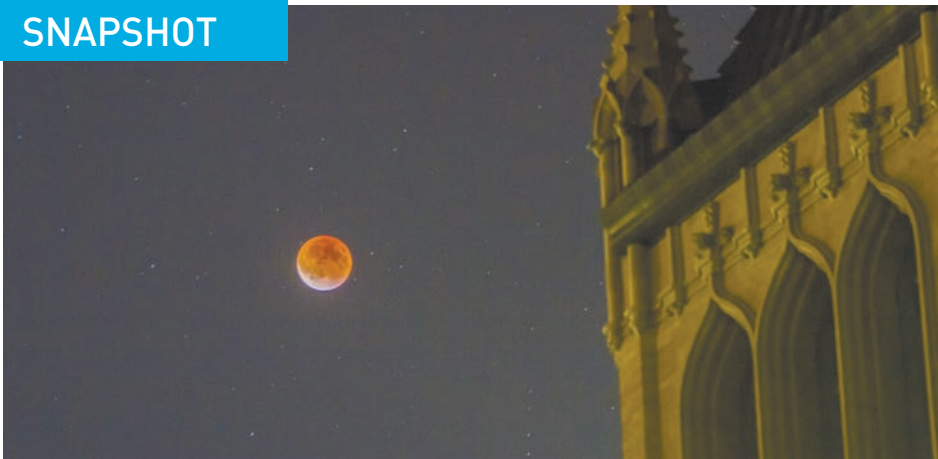
Emily Letkewicz, 23, of 2123 Buchanan Hall, Ames, was arrested and charged with possession of a controlled substance and possession of drug paraphernalia at Buchanan Hall (reported at 8:50 p.m.).

Darachelle Johnson, 28, of 151A University Village, Ames, was arrested and charged with possession of a controlled substance and possession of drug paraphernalia at University Village (reported at 9:27 p.m.).

Melanie Pope, 24, of 151A University Village, Ames, was arrested and charged with possession of a controlled substance and possession of drug paraphernalia at University Village (reported at 9:27 p.m.).

Two individuals reported being harassed at Wilson Hall (reported at 10:10 p.m.).

SNAPSHOT



Max Goldberg/Iowa State Daily

SUPER BLOOD MOON RISES OVER CENTRAL CAMPUS

Students gathered across campus Monday evening to watch the supermoon lunar eclipse. The eclipse lasted from 8 p.m. to 11:30 p.m. The moon was totally eclipsed from 9:11 p.m. to 10:20 p.m.. The moon appears reddish-orange because of the refraction of the sun's rays around the earth.

Absentee voting begins now

By Alex.Hanson
@iowastatedaily.com

Story County residents who wish to vote via absentee ballot or early in person for the November city election can now do so up to election day.

All eligible voters in Story County can vote weekdays from 8 a.m. to 5 p.m. at the county auditor's office, located at 900 6th St. in Nevada. The office is located on the second floor of the Story County Administration Building.

Residents living in Ames, Collins, Gilbert, Hux-

ley, Maxwell, Nevada, Roland, Slater and Story City can vote early until 5 p.m. Nov. 2. Election day polls for these cities open at 7 a.m. Nov. 3.

People living in Cambridge, Colo, Kelley, McCallsburg and Zeiring can vote early until 11 a.m. Nov. 3. Election day polls for these cities open at noon Nov. 3.

Voters who wish to vote via an absentee ballot can do so by requesting a ballot at www.storycountyiowa.gov under the "Auditor and Elections" page.

Once a ballot is received in the mail, residents

can mail it the auditor's office in the envelope with pre-paid postage. The postmark must be no later than Nov. 2.

Residents can also deliver their absentee ballot to the auditor's office by 8 p.m. election day, Nov. 3. Instructions on how to have a designee to return a ballot for you will be found inside the requested absentee ballots.

Election day is Nov. 3. More information, including polling places and hours, sample ballots and registration form is also available at www.storycountyiowa.gov.

Digital Content

HEADER

Student clubs for women

Iowa State has more than 800 student clubs, and many of the clubs tailor activities for women. Find a list of women-related clubs and their activities on the Iowa State Daily webpage.

HEADER

Misconceptions of egg freezing

Columnist Woodruff argues that egg freezing for women is not all it's cracked up to be. Find a list of her points on the Iowa State Daily app.

HEADER

Resources can help to end abuse

Abusive relationships are no joke, said Columnist Brase. Find a list of resources to help reduce the harm of abuse on the app.

HEADER

Testing center initiatives

Administrators and Student Government still work to make testing centers less crowded. Find a list of initiatives on the app.

HEADER

Overcome career fair anxiety

Career fairs can be intimidating. Follow tips to overcome your nerves. You can find them on the website.

Calendar

All events courtesy of the ISU events calendar.

Sept. 27

Fall Career Fair: College of Engineering 12-6 p.m., Hilton Coliseum and Scheman Building

More than 350 employers will be on campus looking for students and alumni to fill co-op, internship and full-time engineering positions. All ISU students and alumni are wel-

come to attend.

Open Mic Night 8 p.m., M-Shop, MU

Open mic night gives students the chance to show off their talents to their fellow students. Many are musicians, comedians, and poets.

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The 2015 Chamberlin Lecture

The Presidential Campaign
A Search for Meaning

Juju Chang

Juju Chang is an Emmy award-winning coanchor for the ABC's *Nightline*. She also reports regularly for Good Morning America and 20/20



**Tuesday, September 29
8 pm - Great Hall, Memorial Union**

Sponsored by: Chamberlin Lecture Fund, Greenlee School of Journalism and Communication, and Committee on Lectures (funded by Student Government)



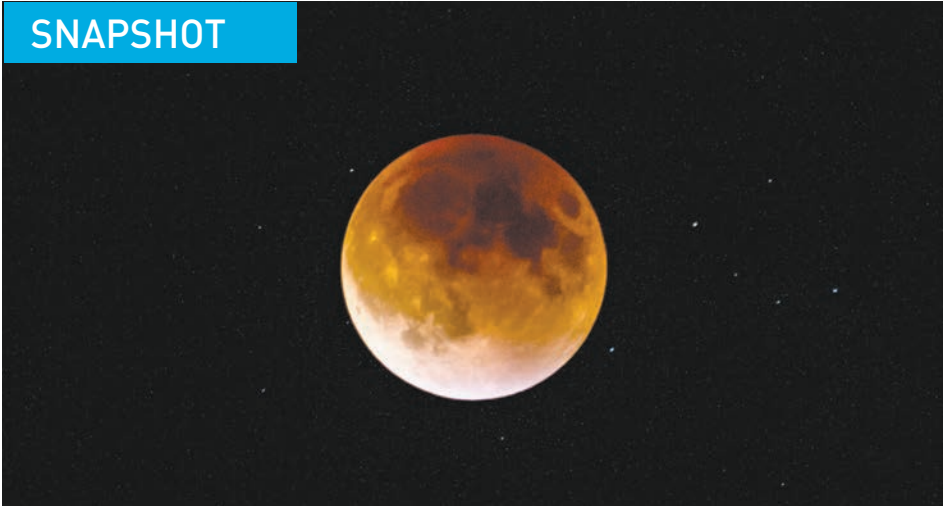
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SNAPSHOT



Max Goldberg/Iowa State Daily

SUPERMOON TO RETURN TO SKY IN 18 YEARS

The eclipsed blood moon slowly starts to exit the eclipse Sunday night. The moon was also at its closest point to Earth, making it a supermoon. This event happens about five times per century. The next time an eclipse of this magnitude will take place will be in 2033.

Chang to give lecture Tuesday

By Eric.Wirth
@iowastatedaily.com

Juju Chang, host of ABC's "Nightline", will give a lecture Tuesday in the Great Hall of the Memorial

Union.

The lecture is scheduled to begin at 8 p.m.

Chang is an Emmy-winning journalist and has covered events such as Superstorm Sandy as well as the Haitian earthquake in

2010.

Chang's lecture is this year's Chamberlin Lecture in Journalism.

Iowa State hosts a Chamberlin Lecture in Journalism in the Great Hall every year.



IOWA STATE DAILY

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Iowa State recognizes veterans' service

By Alex Connor
@iowastatedaily.com

Iowa veterans arrived to a warm welcome at Iowa State on Monday for the annual Iowa Statewide Veterans Conference.

Veterans and their families met in the Sun Room of the Memorial Union for a conference that revolved around the idea of learning to return services and thanks to Iowa's veterans.

"I want everybody to truly understand and know that we owe [veterans] a sincere debt of gratitude, them and their families," Tom Hill, senior vice president for Student Affairs, said before the keynote address by Maj. Gen. Timothy Orr.

Opening Ceremony

The opening ceremony began with a moment of silence led by Jathan Chicoine, Veteran Affairs coordinator, and a presentation by the ROTC Tri-Color Guard.

Hill, a veteran himself, precluded Orr as he explained the importance of taking care of your people. Hill told a story about a time in the Army when he learned a lesson that has followed him throughout his entire career.

"I was the platoon leader and we were out in the field and we broke for lunch," Hill said. "I thought, as any young second lieutenant would think, 'I'm in charge.' When the food truck came, I thought, 'Hmm, I'm gonna be the first one to eat.'"

Hill was sadly mistaken, however, when his superior pulled him over to talk.

"He said, 'after the soldiers eat, if there's something left, you and I might get a chance to eat,'" Hill said. "Throughout my professional career, that has been something I have

leaned on the whole time. You take care of your people first."

Jonathan Wickert, ISU senior vice president and provost, also gave a speech. Wickert discussed talents that veterans bring to campus.

"How do we best meet our responsibility to returning service men and women in the higher education community?" Wickert asked. "I think we have a lot of the right pieces in place, and I'm proud of the collaboration that we have here in our respective organizations. But we can always find ways to improve."

"We need to be cognizant of the special needs of veteran students on our campus, providing them with the opportunities that they need to excel."

The keynote speech was then given by Orr.

Keynote Address

Orr jokingly began his speech with how he is usually the one attending the conferences and never the one speaking at them.

He said he had written his speech the day before the conference and had to find out what a keynote speaker was from Chicoine.

Orr then asked all the veterans in the room to stand, so their service could be recognized.

"And I will tell you, there is nobody prouder than I am of the men and women who served," Orr said.

Orr later talked about how he wrote his keynote address.

"On a more serious note, I spent a little time yesterday doing some research that I thought was very important," Orr said. "You can't tell an audience about where we need to go or what we should do collectively as a group, without knowing where we came from."

Orr discussed the

problem of history repeating itself.

"I'm not here to tell you anything other than 'I'm on the team,'" Orr said referring to all of the people in support of military veterans.

Walking the audience through a brief history, which began during the era of World War II, Orr discussed the Servicemen's Readjustment Act of 1944 and compared it to the current day GI Bill.

"It stands as one of the largest pieces of social legislation ever enacted by the United States Congress. It intended to stabilize the United States as we transitioned from a country of war to a country also coming out of a depression."

Orr said it was the efforts of the Congress to enact this law that really enabled the veterans when they came home to help move forward as a nation.

Orr talked about how veterans, despite little faith from naysayers, exceeded in academic life and changed the perspective on how military personnel could fit into the civilian academic lifestyle.

"Most veteran students who arrived at the universities were more emotionally and physically matured than non-veteran peers," Orr said.

"Former GIs participated in organized athletics, wrote for the student newspaper and helped in student leadership positions."

This history, one that veterans succeeded in and pushed for, helped Orr and others start Home Base Iowa.

Home Base Iowa, an agency that promotes veterans succeeding after military life, is a resource that provides veterans with opportunities in Iowa.

Home Base Iowa "helps veterans and transitioning service members



Cmdr. Don Loudner gives a speech at the lunch-panel discussion about World War I Native American Code Talkers during the sixth annual Iowa Statewide Veterans Conference on Monday.

to find positions at Iowa companies, pursue continued education, continue their service through the Guard or Reserves or any combination of those," according to its website.

Anne Hogland, Orr's old high school teacher, gave Orr a plaque commemorating his hard work throughout the years at the end of the speech.

Native American Code Talkers

Cmdr. Don Loudner and a few other panelists discussed their personal perspectives and offered a historical context into the lives and stories of code talkers during a lunch-panel discussion from 12:15 p.m. to 1:15 p.m.

Using Native Americans as code talkers, a military tactic used as early as World War I, was an essential part of the military strategy because the enemy was not able to break the codes.

This war tactic was kept secret from the code talkers' families, friends and the general public until the 1990s.

At least 25 tribal na-

tions were used by the American military to serve as code talkers.

Loudner offered personal stories involving his work with Native American code talkers. He also discussed the importance of the code talks, all the while delivering a light-hearted humor to his speech.

"American Indians are all born warriors. We were warrior's way back. Hundreds of years before you guys came to our country," Loudner said. "I always ask a class when I talk to them, 'How many of you know what this country was called before you called it the United States? Anybody know? The Indians called it 'Ours.'"

Chad Nielsen, a close friend of Loudner's, was also a member of the panel, along with Michael and Walter John, who were sons of a code talker.

"I just want to say, to all those who served, to all veterans here, I say, thank you," Michael said.

Other events

People who attended the Veterans Conference had the chance to attend

breakout sessions, such as Home Base Iowa, Veterans in Entrepreneurship and Veterans in Agriculture.

The conference also hosted a resource fair that the public and attendees could go to for free. The resource fair had booths set up that included the Des Moines Vet Center, Hero 2 Hired, Operation Engage America and Hope for the Warriors.

"What is so exciting about this year's conference is that we've been so intentional about the breakout sessions," Chicoine said in a previous interview.

"We wanted people to have tangible takeaways from this conference. We want people to challenge everyone to reflect more deeply on this idea of returning services."

The conference ended with a keynote address by Col. Robert King, executive director for the Iowa Department of Veterans Affairs.

A student veteran's reception hosted by Hill took place after the conference in the Great Hall.

Tanaka announces retirement from Iowa State

By Christie Smith
@iowastatedaily.com

After 22 years as a Cyclone, Paul Tanaka will retire from his position as University Counsel at Iowa State this spring.

Tanaka has spent more than half of his life practicing law at Iowa State, where he oversees business transactions, lease agreements, regulations for research, student disciplinary policies and employee issues among other university legal matters.

"I get to work with extraordinary people doing extraordinary things,"

Tanaka said.

Tanaka, a Colorado native, first attended Colorado College in Colorado Springs, where he earned a bachelor's degree in philosophy in 1976.

After his undergraduate degree, Tanaka worked for a rental car company briefly before moving to Montana to pursue a master's degree at the University of Montana.

Tanaka decided while he was in the graduate program in Montana that a lot of employment opportunities for someone with a philosophy degree were not available.

He applied to law

school at the University of Washington.

Tanaka originally intended to practice environmental law, but took a job with the attorney general in Washington when he graduated law school in 1984.

During his time with the attorney general, Tanaka worked at Washington State University, where he got his first taste of higher education law.

Tanaka was intrigued by the diversity and challenges of higher education law and came to Iowa State in 1994 as a director of Legal Services.

Tanaka has tackled policy issues for the university

since 1994 that have ranged from employee disputes to electronic cigarettes on campus and everything in between.

"Some of the things I'm proudest of are the things you don't talk about because they didn't happen," Tanaka said. "Sometimes you're able to avert problems before they occur; that's certainly a part of the job that we do and it's a part that no one sees."

Tanaka has also transitioned from director of legal services to university counsel, a title change that was made to better reflect his position.

Tanaka said his favor-

ite part of the past nearly 22 years has been helping shape the university.

"You get to be involved with the development of the campus and the improvement of the campus," Tanaka said.

Paula Deangelo, ISU associate counsel, said Tanaka will be missed.

"He's a joy to work for," DeAngelo said. "I'm still in denial [that he's leaving]."

DeAngelo said Tanaka is known for his forward thinking and practical approaches to solve difficult matters.

Tanaka said he plans to take some time off after retirement to relax and

spend time with his wife and two children, but he suspects that he will continue to practice law after "retirement."

Tanaka said he's leaving his options open, but he isn't ruling out teaching possibilities or other paths in higher education law.

"I've always found the environment around the university an exciting place," Tanaka said.

After spending most of his life attending or working for universities, Tanaka is prepared to spend some time off campus.

"I'm finally graduating," Tanaka said with a smile.



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CYCLONE HOCKEY



Player of the Week
#5 Jake Uglem

Uglem tallied three assists in Iowa State's 7-3 victory over Missouri State Friday night and then added two goals in the Cyclones' 8-0 shutout of the Ice Bears in Saturday night's rematch, which gave the sophomore defenseman a team-leading 5 points for the weekend and ties him for the team lead in scoring with 7 points (3-4-7) in 4 games. On top of his offensive output, Uglem also played exceptional defensive hockey at even strength and on the penalty kill.

Iowa State heads south this weekend to face defending national champion Central Oklahoma Friday and Saturday night in Oklahoma City.

www.cyclonehockey.com

Sudoku *by the Mephram Group*

			2			9	4
		5		3			2
			7	4			6
1		6		4		8	
			5		2		
		2		6			1
7			2		5		
2			1			3	
3	8			7			

LEVEL: 1 2 3 4

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk

Crossword

1	2	3	4		5	6	7	8	9		10	11	12	
13					14					15				
16					17					18				
19				20					21					
22				23				24	25			26		
27			28			29	30					31		
			32		33		34				35			
	36	37					38			39				
40					41				42					
43				44				45		46		47	48	49
50				51				52	53			54		
55			56					57				58		
59					60	61					62			
63					64						65			
66					67						68			

Across

1 2012 Ben Affleck political thriller

5 Organizes by date 10 is able to

13 Former Defense secretary Panetta

14 Came into play 15 Mission: Impossible theme composer Schiffrin

16 Novelist Tyler

17 Most populous city in S. Dakota

19 Second-in-command in the kitchen

21 Demean

22 Baby goat

23 Legged it

24 Mercedes rival

26 Bus. get-together

27 Sharp ridge

29 Adman connection

31 Digital camera battery, often

32 Legal thing

34 Hoops gp.

35 Superficially cultured

36 Michigan or Ontario city on the same border river

40 Unit of cotton

41 Carry a balance

42 Yeats and. Abbr.

43 Land parcel

44 Continental border

46 Last Supper query

50 Unbarred, to a bard

51 Fall mo.

52 Marlins div.

54 ISP option

55 Indian dresses

57 Canal passage connecting Lake Superior and the lower Great Lakes

59 W is for Wasted mystery author

62 Margin jotting

63 Gymnast Korbnt

64 Part of BYOB

65 Price

66 Low in the lea

67 Betsy Ross, famously

68 Lodge group

Down

1 North to the Future state

2 Pierre-Auguste of impressionism

3 Take it all off

4 Small bills

5 Barack younger daughter

6 Murder on the Express

7 Ski rack site

8 Lone Star State sch.

9 Gender

10 Ristorante squid

11 Good Hands company

12 Bouquet of flowers

15 Chem class requirement

18 Baby deer

20 Fishing basket

24 Newwirth of Cheers

25 Home of baseball Marlins

28 Outright

30 Very big maker of very little chips

33 Mall unit

35 liad war god

36 Home to millions of Brazilians

37 Half a superhero identity

38 Switch

39 Animated mermaid

40 Open, as a bud

44 KGB country

45 Take a nap

47 No worries, man

48 Shame, shame

49 Detailed map windows

53 Recluse

56 Franchised super-market brand

57 Put away

58 Almost never

60 Sit-up targets

61 Opponent

FISCHER p1

back to football. A literal call came from his former high school coach, bringing up the possibility of Fischer holding for Netten, who had become the starting kicker for the Cyclones.

Fischer didn't have to think twice.

"I left in a heartbeat," Fischer said.

Despite Fischer's wishes to play baseball professionally someday, he couldn't pass up a chance to play college football with his lifetime friend.

"I can always go back to play baseball, but you only have one chance to play college football," Fischer said.

And the ISU football team is happy he did.

Fischer makes it a point everyone in the locker room has a positive attitude. Considering the disappointing two-win season in 2014, that task wasn't the easiest.

His positive attitude rubs off on some of the other players, and even if it doesn't, Fischer still tries to keep the spirits high.

"I'd like to think [my positivity rubs off on players]," Fischer said. "If not, I would go out of my way to

make sure everybody stays up and nobody is just down on themselves."

Other teammates who interact with Fischer in the locker room and on the sideline realize the importance of the role Fischer plays day in and day out.

"I think we need more guys like that," Netten said. "Very positive attitude, confident and it helps pump up the team. We need more people on the sideline like that to help out because he likes to be out there."

The enthusiasm doesn't come without a price. After his celebration, Fischer receives a few funny looks from opposing players. And he does get a bit of grief from his teammates.

But that doesn't matter to ISU head coach Paul Rhoads. Even though the success can be small, celebration should always be commended.

"I'm a guy who coaches with intensity and enthusiasm, and I love to see it out of the kids as well," Rhoads said. "I think anytime you have the opportunity to celebrate success, it can bleed and be contagious."

Fischer's post-field goal antics have landed him a spot on ESPN GameDay — the Saturday morning

show previewing the day's college football games — on its segment, #YouHadOneJob. He was shown in the first clip of the highlights fist pumping after an extra point against Iowa on Sept. 5.

While in a hotel room in Toledo, Ohio, on Sept. 19, preparing for that night's game against the Rockets, Netten screamed to Fischer in the bathroom.

"Fischer, get out here, you're on TV!" Netten said.

Fischer rushed out and saw himself doing the signature celebration. His first reaction was one of excitement. After all, he was donning the ISU colors on national TV.

"It's kind of a dream growing up," Fischer said. "Any football player wants to be on GameDay. You spend 18 years of your life watching that. It also got some national publicity for Iowa State, and I'm all for that."

Maybe ESPN wasn't commending him, but instead poking fun at the over-enthusiastic player from central Iowa.

"First off, I was like, 'That's awesome!'" Fischer said. "Then, going back, they're probably making fun of me. It's alright,

though."

That same night, Netten missed a field goal that would've won the game for Iowa State in the closing seconds. That's when Fischer's instincts kicked in.

A clearly upset Netten saw Fischer come up to him immediately after the miss.

"I put my arm around him and [told] him I love him," Fischer said. "The sun will come up tomorrow regardless."

Whether the consolation had a direct effect on Netten — and Fischer wouldn't have it any other way — Netten managed to put the miss out of his mind. He recovered and booted his next field goal to put Iowa State ahead in overtime.

But it isn't like Fischer didn't want the field goal to go through. He wanted it more than anything else at that moment. If the ball did split the uprights, the familiar feeling of overwhelming excitement would've again flooded his body.

"A new animal would've come out of me," Fischer said. "I'd like to think that I can control [the reactions], but I probably couldn't. And I don't want to."

HY-VEE p1

ect is just how important communication and detail is in a project of this size," Seibel said.

"When communicating with each other, the attention to detail is so important because the recipes are very diverse and there are so many of them."

One thing the students said they really added to their knowledge was conversions from grams to what people normally write recipes in: cups, ounces, teaspoons, tablespoons, etc.

"The manufacturer of a food ingredient will

give it to you in a 100 gram weight," Martin said. "So having to go between grams and measurements that we use took somebody with some food knowledge."

The interns also learned how to use new technologies and software while working on the nutrition label project.

"I have really grown in my technical skills working with Food Processor, the recipe-analyzing program. However, just like any program, it is not always perfect," Seibel said.

"Because of this, I have also expanded my problem solving skills, thinking outside the box to correct

mistakes that the program makes or mistakes within the recipe itself given to us by the supplier."

Martin said that the new labels already makes a personal difference; she will choose a sandwich that is 200 calories rather than 300 if it is listed. But indirectly the labels have already made a difference in the interns' lives as well.

"Understanding everything that goes into a project like this and of this size is truly only something you can experience firsthand to get a full grasp of," Seibel said.

Siebel said she picked up useful, real-world ex-

perience by being a part of this team and learned to work through problems that may arise in her future career.

She has familiarized herself with tools she may use in the future and worked as a member of a team.

"The project has provided us the opportunity to review and reinvent a number of processes," Seaman said.

"With these enhancements, we can be flexible and more responsive in providing nutritional information for new ingredients, recipes and product offerings at our stores."

Horoscopes *by Linda Black*

Today's Birthday (9/29/15)

Building a profitable career, thriving partnerships and improvement at home all take priority this year. Satisfy the urge to explore and learn. Get involved with a passionate cause. Weed out time sucks and prioritize projects for balance. Cultivate friendships and magic moments with loved ones. Simple joys delight.

To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.

Aries (March 21-April 19) For the next two days, fulfill promises you've made. Chores need attention. New information threatens complacency. Communicate with teammates. Caring for others is your motivation. Minimize risks.

Taurus (April 20-May 20) You'll soon have time to pause and relax. Invest in success. Take a new angle. Keep a dream alive with simple actions. Avoid a controversy. It's a good time to ask for money ... be creative with your budget.

Gemini (May 21-June 20) Allow yourself to dream, but don't buy treats, yet. Accept the support that's offered. Stay close to home as much as you can the next few days. Passions get aroused. Make a delicious promise.

Cancer (June 21-July 22) It's easier to find family time. You're extra brilliant today. A solution to an old problem is becoming obvious. Costs are high. Arguments about money inhibit love. Keep a secret. Recount your blessings.

Leo (July 23-Aug. 22) Money's rolling in over the next few days. Costs are higher than expected, too. Avoid reckless spending. Make sure others know their assignments. Feel the magnetism.

Virgo (Aug. 23-Sept. 22) Give loved ones more attention. They want your time, not money. An invitation says to dress up. Let another person take over, and defer to authority. Accept encouragement.

Libra (Sept. 23-Oct. 22) Get yourself moving! Make sure you have the facts. Get serious about your strategy, but don't get stuck. You're very persuasive. You'll think of something. It's easier to finish projects.

Scorpio (Oct. 23-Nov. 21) Work quickly but carefully. Obligations get in your way. Being polite is a virtue. Talk over plans with family. Try not to provoke jealousy. Don't waste your money. Friends offer comfort and advice.

Sagittarius (Nov. 22-Dec. 21) Begin a new project. Take time out for love. Include a female in your plans. You'll have to report on your activities. Assume responsibility. Exceptional patience could be required.

Capricorn (Dec. 22-Jan. 19) Let yourself be drawn outside your safety zone. The possibility for hurt feelings is high now. Don't get stuck. Write down long-range goals today. Goodness comes your way. Balance is essential.

Aquarius (Jan. 20-Feb. 18) It's time to get started. There's a temporary clash between love and money. Review your current budget. Note all the considerations. Passion grows now that the stress is reduced. Follow your fascination.

Pisces (Feb. 19-March 20) Have faith. Negotiate your way through minor adjustments. Temporary confusion could befuddle. Get family to help. Let another take the lead. Invest in your future without gambling. Respect your partner.

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Fernstrom charged with public intoxication

By Luke.Manderfeld
@iowastatedaily.com

ISU women's basketball player Bryanna Fernstrom was charged with public intoxication Monday, according to a report from the Ames Police Department.

The charge stemmed from an incident that occurred in the early morning hours of Sept. 19. Police were called to the 1200 block of Mayfield Drive at 1:53 a.m. for an unknown female knocking on the door. Officers arrived at the room and found vomit on

the outside door rug, according to the police records. The officers at the building heard knocking a few rooms down, where they found Fernstrom. Fernstrom had vomit on her clothing, slurred speech, bloodshot eyes and smelled heavily of ingested

alcohol, according to the report. Fernstrom was unaware of where she lived and where she was coming from, and waived a breathalyzer test on the scene. "We are aware of the situation and will handle it according to team and university rules," the ISU

Athletic Department wrote in a statement. Fernstrom, 6-foot-5 sophomore center, averaged 9.0 points, 3.2 rebounds and 1.2 blocks per game in the 31 games she played last season.

Iowa State Daily
Bryanna Fernstrom averaged 9.0 points per game last season.



Cyclones to send 'healthiest' team to field

By Luke.Manderfeld
@iowastatedaily.com

The ISU football team was plagued by injuries just a season ago, with the worst of it starting right off the bat. Star receiver Quenton Bundrage lost his season after tearing his ACL in the third play of the opening game. While this season hasn't been as bad as 2014, the team has still seen its fair share of early injuries. The Cyclones held out cornerback Sam E. Richardson, safety Qujuan Floyd, defensive end Gabe Luna and linebacker Brian Mills against Toledo on Sept. 19, a game Iowa State lost in double overtime. Adding nagging injuries to the mix, like running back Tyler Brown's aching knee, and the Cyclones have been legitimately hampered through three games in 2015. But after the bye week to rest some of the players, ISU coach Paul Rhoads expects all of his impact players to return for the upcoming game against Kansas. "We'll put a healthy football team on the field this weekend," Rhoads said. "The healthiest football team that we've put on the field this season." The returnees include offensive lineman Jacob Dunning, who lost more than just last season when he injured the patella tendon in his knee against Iowa, missing the first three games of this season. He'll bolster an offensive line that helped running back Mike Warren



Iowa State Daily
Cornerback Sam E. Richardson will return against Kansas after missing two games because of an injury.

have the best game of his career against Toledo. Mike Warren preparing for encore The first two games of the season weren't the best performances for the ISU running game. But in the third game against Toledo, the running attack exploded, thanks to redshirt freshman Mike Warren, who finished his career day with 126 yards. This weekend, Warren is preparing to follow up his breakout performance. "Confidence comes with success," Rhoads said. "Mike Warren went out and had some success, along with the rest of the offense in the running game,

and it showed the very next week on the practice field." Warren was recruited to Toledo by now-ISU running back coach Lou Ayeni, who coached the Rockets at the time. "I thought it was pretty interesting because coach Ayeni told us to outperform his old guys," Warren said. "I take that personally, and I tried my best in that game." Kansas again? Iowa State will take on Kansas in its first Big 12 game of the season Saturday. ISU fans may not want to remi-

FOOTBALL p8

Monday's depth chart changes

ISU football released its weekly depth chart before this weekend's game against Kansas. Here are some changes from the last depth chart, released Sept. 14, the Monday before the game against Toledo: Quarterback Joel Lanning is listed as the sole backup to Sam Richardson. The depth chart previously listed Lanning and Grant Rohach as the backups. This puts Rohach as the third-string quarterback heading into the Kansas game. Mike Warren overtook Tyler Brown for the starting running back position. Warren exploded against Toledo, rushing for 126 yards. Brown has been dealing with a sore knee during the last two weeks. Cornerback Brian Peavy is listed as the starting left cornerback, previously held by Sam E. Richardson.

Triathlon Club incorporates analytics

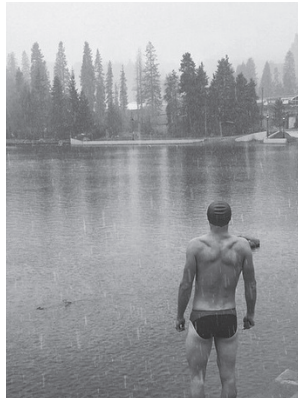
By Jack.MacDonald
@iowastatedaily.com

One of the following words is not like the others: running, swimming, biking and analytics. Normally, analytics wouldn't fit in with the activities that make up a triathlon. With the Triathlon Club at Iowa State, however, it fits perfectly. The club has made a big stride incorporating analytics into its training in order to get maximum results while competing and training. Lincoln Eppard has taken the analytics side of triathlon training to the next level. Eppard, a senior, is doing a co-op in Rochester, Minn., with International Business Machines Corp. for the fall semester. This has bolstered his use of analytics, including in

his participation in triathlons. That's where Eppard really picked up on the idea of using analytics to track his training. He realized financial concepts of reducing the risk or variance of an investment portfolio coincided with the idea of minimizing the chances of injury during training. To track the training data, Eppard used a Garmin to stream heart rate, cadence, speed and power output. He then used data mining software to create a profile of what output levels his body could sustain over particular time intervals. "The data tells me how hard I can push myself and lets me know when I have peaked," Eppard said. "It's a great tool to prevent injuries and with it, I have yet to over-push myself and

cause injury." Eppard was recently training for the triathlon conference championships and was able to see that his body was working too hard to maintain a healthy pace for continuous running, as his heart rate was 10-15 beats per minute higher than usual. The increase in heart rate could have been because of numerous factors such as a lack of sleep, caffeine or stress. "By acknowledging this, athletes can make adjustments to their workouts on the fly," Eppard said. "Instead of forcing my body through a workout it wasn't ready for, I was able to trim the workout." Using the analytics from the data is only helpful when an athlete actually has the equipment, which isn't always the case since it sells for a little more than

\$200. Other equipment is available that tracks the power output an athlete uses while peddling on a bike. "When you don't have the equipment, you have to go off feel and know when and where to ease up," said Emily Epperson, president of the Triathlon Club. "It's definitely nice to know your pace and peak points." The biggest reason athletes use the data for training is to prevent injury. When they can see they aren't performing at a normal output, the athletes can alter the training regimen. If the athlete's heart rate is lower than usual during races, he or she knows more effort can be exerted. Eppard's lone setback was when he suffered a seizure three weeks ago.



Lincoln Eppard, member of the Triathlon Club at Iowa State, has used analytics to improve his training.



Courtesy of Lincoln Eppard

The seizure prevented him from racing in the CyMan triathlon the club hosts. He said companies are developing tools to help prevent incidents like that from happening. Eppard was back on his feet a few days later and continued his training. "People are often frightened away because

others make it to be a complex science of software and mathematics, when in reality, it's truly more of an art," Eppard said. "You have your colors, the data, your paintbrush, the software and your canvas can be whatever problem, riddle or industry you're passionate enough to get your hands dirty with."

NFL
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Ditch old mundane lipstick

By Alisha.Humiston
@iowastatedaily.com

Fall is officially here, but the weather might not yet be in complete agreement. Get into the fall spirit by transitioning a mundane makeup routine into some fun fall looks.

An easy way to infuse fall into any look is by choice of lipstick. Here are some of the hottest lip colors for the upcoming months.

Nude
Don't underestimate the nude lip. Wear this for an everyday casual look or pair with an eye-catching ensemble. Go for a shade with a hint of brown to get the most out of this look.

Orange
Orange you glad I didn't say banana? The best options for this color are to try to go for more of a leaf color rather than traffic sign. Wear this look to step up the lip game, while still remaining within the "box." Draw attention to this look by pairing it with any neutral-colored outfit.

Purple
Yes, purple, but a fun berry hue. Picture Daphne's signature dress on "Scooby Doo." This look is sure to get noticed, so wear it for a day when confidence is on overload, and be sure to own it. With this powerful of a lip, mute what you wear to avoid going overboard.

Deep purple
This is more of a grape juice stained lip, or darker, depending on how daring one might be. Add this shade to achieve a fun and girly look.

Classic red
This color has secured its place in every season by giving its wearers the oomph they desire. This color is great to wear to the office, a formal event, date night or whenever feeling unstoppable.

Deep wine
Picture a deep, rosy red, with a very subtle hint of brown. This color will get acknowledgement, but it also carries more of a sweet and endearing undertone. This color is a go-to for pairing with chunky sweaters, especially ones that are cream-colored.

Cognac
Not quite sure what color this is? Think of a medium-brown shade with hints of orange and red, basically the most fall-related a color could get. Draw attention to this lip color by pairing it with basic black or white.

While natural makeup looks can be fun, switching things up with an elevated lip color can be the difference between a memorable or mundane fall season. Never forget to pair an interesting lip color with confidence in order to flawlessly achieve a beautiful fall look.

Step into season in style

By Selina.Hilts
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Every season features new trends and styles in the fashion world that can be seen at fashion shows or on blogs and forecasting websites.

These new looks are often first seen in bigger cities such as New York City and London, especially during Fashion Week season in the fall.

Because Fashion Week season is about halfway finished, the major fashion capitals have been flooded with style gurus and models showing off the trends of autumn/winter 2015. Some of the trends that have been seen around New York City include mules, ankle boots and furry shoes, as well as more masculine-inspired shoes such as loafers.

All of these shoe trends can be an inspiration for a more casual outfit that can be worn around campus or at work.

Ankle boots are a go-to shoe that can be worn with various outfits. Whether they are worn with rolled-up jeans or a nice dress, ankle boots provide versatility.

Loafer-inspired shoes are more formal and can be worn with dress pants, a skirt or dress, depending on personal preference. A lot of great ways exist for how these types of shoes can be introduced into an everyday wardrobe this fall to follow trends that are not limited to the street styles of

Courtesy of Sydne Kurschinski

The banjo boot, by Christian Louboutin, is a high-end option for a trendy shoe.

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ence working in retail, but she said it was the activities she did outside of fashion that really made her stand out in the hiring process.

She was hired to be an intern for the special projects and training senior associate, and her responsibilities include building and adjusting presentations for in-boutique use or training, collecting data and reaching out to boutiques.

Kurschinski said since starting her internship in the summer, she has already gained many professional skills, as well as knowledge about the company and how to better appreciate it.

Commuting to work and observing runway shows has allowed Kurschinski to see a lot of the fall trends incorporated in the street style of New Yorkers. One of her favorite memories was from her first day when she met her supervisor, went through a seasonal training and then painted her nails with a Christian Louboutin nail color.

Incorporating the street-style footwear trends seen in places like New York City on campus can be simple.

When the trend of "athleisure," also known as "sporty chic," came into style, it had every lazy person raving. But the excitement included the idea that someone could just throw on sweatpants and look "sporty chic." That is not the case.

Teens used to be embarrassed of their mothers sporting a casual dress with tennis shoes. Now, in big cities, high-fashion sporty sneakers match perfectly with a T-shirt dress and chunky necklace. Or better yet, match skinny jeans with a crop top and white Adidas-style tennis shoes.

This doesn't mean rocking tennis shoes to a cocktail party is appropriate.

Athleisure can also include the trick of using leggings in a daily routine.

Autumn presents many

Courtesy of Anna Chandler

One option to incorporate an athleisure style is to pair tennis shoes with a simple black shift dress.

sneaky tricks for the early mornings when the idea of skinny jeans sounds revolting.

Oversized sweaters are always a go-to and have continued to be incorporated into high-end, street-style. A chunky, cowl-neck sweater

matched with leggings and knee-high boots is the easiest choice and can offer a casual look for a chilly day of classes on campus.

Hope still exists for the working bees who require business-casual looks.

Fast-fashion retailers like H&M and Zara have saved many people's lives with what some people call "adult sweatpants," or a pair of leggings that has texture, pattern or fabric that looks a little dressier than denim jeans.

The newest fad is pleather, which can be paired with a blazer and moderate length V-neck, making you ready for the morning meeting that arrived a little too early.

As the weather begins to get colder, these easy tips will wipe away any worries.

Take advantage of the sporty-chic trend while it's still around, and maybe give the sweatpants and pencil skirts a day off.

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RUBIO p1

Rubio’s slow and steady approach has translated into slow and steady success in the polls. Nationally, several polls released after the second debate show Rubio at about 10 percent support. While he’s behind several candidates, his numbers have not fluctuated much recently.

In his home state of Florida, he has pulled ahead of former Gov. Jeb Bush into second place behind front-runner Donald Trump, according to a poll by Florida Atlantic University after the debate.

But that doesn’t interest Rubio. His campaign has often downplayed success in the polls, with his modest gains still well behind Trump.

“Sen. Rubio has made it clear that he doesn’t chase polls,” Bertrand said.

Instead of chasing polls, Rubio has been out scooping up supporters of Wisconsin Gov. Scott Walker after he dropped out of the race.

Rubio’s campaign has added key supporters from Walker’s campaign in early

voting sates such as Iowa, New Hampshire and South Carolina.

Picking up supporters as other candidates begin to drop from the race could prove vital to Rubio’s campaign once the field starts to narrow. He is often touted as people’s second or third choice in polls, and a late push from these new supporters could be pivotal in the looming Iowa Caucus.

“Marco has always been my second choice,” said Brittany Gaura, junior in political science. “He is himself. He tells it like it is.”

Gaura, a Wisconsin native, has been a big supporter of Walker since 2010. She led “Students for Walker” in Iowa before the governor dropped out of the race last week, but quickly jumped ship to Rubio.

Clayton Sampson, junior at the University of Iowa, campaigned for Walker and is now supporting Rubio’s campaign.

“I like how he has a realistic approach,” Sampson said. “Instead of an over-optimistic, politician’s approach.”

While campaigning, Rubio often talks about

just recently paying off his student loans to show he’s “one of us,” and also tells the story of his parents who were immigrants who came to America to be successful.

“He’s a working guy who comes from working people,” Bertrand said. “I think he’s got a good grasp of what’s really going on in America.”

Although he might appeal to many Republicans as a fresh face and a hard-working conservative, Rubio has faced criticism from Democrats and even some in his own party. Many point to him missing votes in the Senate to campaign for president throughout this year.

Rubio was part of a bipartisan immigration plan in 2013 that offered a path to citizenship for 11 million undocumented immigrants. The measure passed in the Senate and then stalled in the House, at which point Rubio gave up on the measure, calling it a “mistake.”

Supporters of the deal have said he folded too easily, and Trump has criticized him for backing such a deal in the first place. Others have called him out for his

flip-flop on the issue.

“He needs to find a niche, to make a splash,” said Mack Shelley, professor of political science. “He has to latch onto something and know his policies to keep up with Trump’s charisma.”

The current GOP race has shown that charisma and political experience put together does not necessarily translate to support. The current top three in the Republican national polls — Trump, neurosurgeon Ben Carson and former HP CEO Carly Fiorina — are not politicians, while the only casualties thus far in the GOP race are governors who were widely considered successful in implementing conservative policies.

Marco Rubio’s under-the-radar campaign strategy has started to pay some early dividends.

“It’s early, but Rubio is right where he wants to be,” Gaura said. “Not too far ahead, not too far behind.”

Sampson said President Obama did the same thing in 2008.

“He was just a junior senator from Illinois. Rubio is just a junior senator from Florida,” Sampson said.

FOOTBALL p6

Kansas again?

Iowa State will take on Kansas in its first Big 12 game of the season Saturday.

ISU fans may not want to reminisce about last year’s Big 12 conference matchup between the Jayhawks and Cyclones.

Iowa State fell in Lawrence, Kan., 34-14, and the Kansas fans stormed the field after the game.

This time, the Cyclones are heavily favored, projected as a 15-point favorite.

But with the underdog tag removed from around the Cyclones’ collective neck in the process, Iowa State may discover that the win won’t come without a fight.

“Kansas is a good team, I’m not going to try and knock them or anything,” Warren said. “They’re going to give us a battle because they want to win the game, too.”

“This game is going to be important for us to start off the Big 12 right.”

An underdog in their last two games, the Cy-

clones’ preparation for the Jayhawks does change slightly.

The real challenge for Iowa State comes from a mentality standpoint, especially with a loss from last season.

“[The loss from last season] is not something to dwell on,” Rhoads said. “If you need a chip on your shoulder, or if you need outside motivation like that, then you are probably competing at the wrong level.”

Kansas has started the 2015 football season with an 0-3 record, including a loss to Football Championship Subdivision opponent South Dakota State in its season opener.

The Cyclones haven’t started Big 12 play with a win since 2002, when they defeated Kansas to open the season.

“It would be pretty big,” said linebacker Jordan Harris. “That’s the goal, to start 1-0 in Big 12 play. We’re not going to approach Kansas — because of their bad record — like they’re a bad team.”

“They’re still a great team.”

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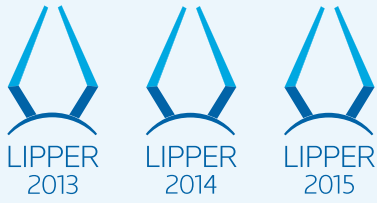
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